



Statistics Report 09164, Litchis, raw

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	81.76	9	1.019	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Energy	kcal	66	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Energy	kJ	276	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Protein	g	0.83	7	0.046	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Total lipid (fat)	g	0.44	7	0.133	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Ash	g	0.44	6	0.057	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Carbohydrate, by difference	g	16.53	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Fiber, total dietary	g	1.3	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Sugars, total	g	15.23	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003

Minerals

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Calcium, Ca	mg	5	7	1.586	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Iron, Fe	mg	0.31	5	0.061	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Magnesium, Mg	mg	10	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Phosphorus, P	mg	31	7	3.387	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Potassium, K	mg	171	5	23.479	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Sodium, Na	mg	1	3	0.151	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Zinc, Zn	mg	0.07	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Copper, Cu	mg	0.148	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Manganese, Mn	mg	0.055	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Selenium, Se	µg	0.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997

Vitamins

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin C, total ascorbic acid	mg	71.5	14	10.286	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Thiamin	mg	0.011	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Riboflavin	mg	0.065	3	0.009	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Niacin	mg	0.603	3	0.147	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamin B-6	mg	0.100	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1985
Folate, total	μg	14	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1985
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	μg	14	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Folate, DFE	μg	14	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Choline, total	mg	7.1	--	--	--	--	--	--	--	--	Calculated or imputed	09040	03/2007
Vitamin B-12	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	μg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Retinol	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2002
Carotene, beta	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Vitamin A, IU	IU	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Vitamin E (alpha-tocopherol)	mg	0.07	--	--	--	--	--	--	--	--	Calculated or imputed	09040	02/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	0.4	--	--	--	--	--	--	--	--	Calculated or imputed	09040	02/2003
Lipids													
Fatty acids, total saturated	g	0.099	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
8:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
10:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
12:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
14:0	g	0.002	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
16:0	g	0.070	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:0	g	0.024	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Fatty acids, total monounsaturated	g	0.120	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
16:1 undifferentiated	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:1 undifferentiated	g	0.119	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Fatty acids, total polyunsaturated	g	0.132	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:2 undifferentiated	g	0.067	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:3 undifferentiated	g	0.065	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Amino Acids													
Tryptophan	g	0.007	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lysine	g	0.041	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Methionine	g	0.009	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2002
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2002